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Ishmael Baeh Tells Tale of Life as a Child Soldier



Baeh (left) signs copies of his book, *A Long Way Gone*, during a brief intermission.

OTTO NEUBAUER
ASSISTANT EDITOR-IN-CHIEF

At the age of twelve, Ishmael Baeh was just a boy growing up in a small village in Sierra Leone. But when civil war broke out, he found himself first fleeing from, then participating in brutal acts of violence, with his own life on the line if he did not comply.

Now 26, Baeh described to University students in a presentation at Xavier Hall

how his family was forced to flee their village in 1992 to avoid being slaughtered. Despite their efforts, his parents and two brothers were killed in the violence.

Baeh described how people would run away when he walked into towns alone, afraid that he was going to hurt them. Not knowing where to turn, Baeh went to a military base, thinking he would be safe from the violence there.

He was wrong.
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Vagina Monologues: Stories Full of Passion

CAITLIN BENOIT
EDITOR-IN-CHIEF

The Vagina Monologues are a series of monologues, originally developed by Eve Ensler, a playwright and activist. This year, sponsored by the Women's Center and the International Center, the women of Johnson & Wales once again took the stage to perform her work for their captive audience. Three performances in three venues on three nights allowed those with busy schedules or various locations to at-

student, declared that "Her vagina would say, 'be nice to yourself' and wear simple cotton sweaters". Stephanie Moore, '10, said that her "vagina would wear anything from Carrie Bradshaw's closet - especially the shoes!"

True to The Vagina Monologues' original purpose, all proceeds from the event went directly to SOAR (Sisters Overcoming Abusive Relationships) and V-Day. This money will be used to provide scholarships to women who have been affected by sexual or domestic violence, by giving



The cast poses during the Wednesday night showing.

Caitlin Benoit / The Campus Herald

tend. Many people attend The Vagina Monologues not knowing what to expect. Prior to the Wednesday, February 11 show director of The Women's Center, Korina Ramsland welcomed those who had never experienced the performance, who would be "Vagina Virgins".

18 women, both students and staff, gave their best renditions of various monologues from the playwright's work. From "The Flood" to "Because He Liked to Look at It" to "The Little Coochie Snorcher That Could", the performers had the audience both giggling and somber.

The Vagina Monologues did not hold auditions; rather they chose to hold castings - any woman who wanted to participate received a part. According to the copyright rules, only women are allowed to perform and they must read their monologues from cards. This does not mean that men are forbidden, they can volunteer or direct but they may not perform. The exception to this gender rule is transgendered people.

The introduction gave the Stephanie Moore, '11, performs audience a glimpse of what "Because He Liked to Look at It."

To expect, each woman stood on stage and declared what their vagina would say as well as what it would wear. Cast members shared this personal information in the program. Ivy Wu, a graduate

education their hope is that survivors will become financially independent and reach empowerment. Ramsland expressed her passion for this cause by saying "Many women who are in abusive relationships are unable to leave because they lack financial independence, especially in this tough economy. By giving them an education you



Caitlin Benoit / The Campus Herald

are providing them with a way out."

There are many misconceptions surrounding The Vagina Monologues, the

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NewBCamp Attendees Learn Technology Skills



One of many seminars at NewBCamp.

OTTO NEUBAUER
ASSISTANT EDITOR-IN-CHIEF

With eighty-one participants attending breakout sessions, the second annual NewBCamp taught students how to better configure and utilize computer systems and software.

The technology 'unconference', held in Pepsi Forum, felt very open and relaxed. Students, faculty and technology experts

wandered from table to table, trying out the latest software and computing techniques.

"It's... important that participants in NewBCamp think of [it] as their own event," said Sara Streeter, who organized the conference. "I'm very grateful everything worked out without a hitch."

Christopher Penn, co-organizer of PodCamp Boston, led three breakout sessions discussing the use of social media such as

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Dancing With the JWU Stars

SAMANTHA KRIVOROT
STAFF WRITER

It was almost as if one walked into a runway show during Fashion Week in New York City. Trendy music was vibrating through the speakers of Pepsi Forum as the dimmed lights reflected on the sequins and rhinestones on the outfits belonging to the cast of Dancing With the JWU Stars. This Relay for Life fundraiser put on by the JWU Ballroom Dance partnered students and professors/chefs together for an evening of cha-cha-ing and comedy as each of the couples took their turns on the dance floor.

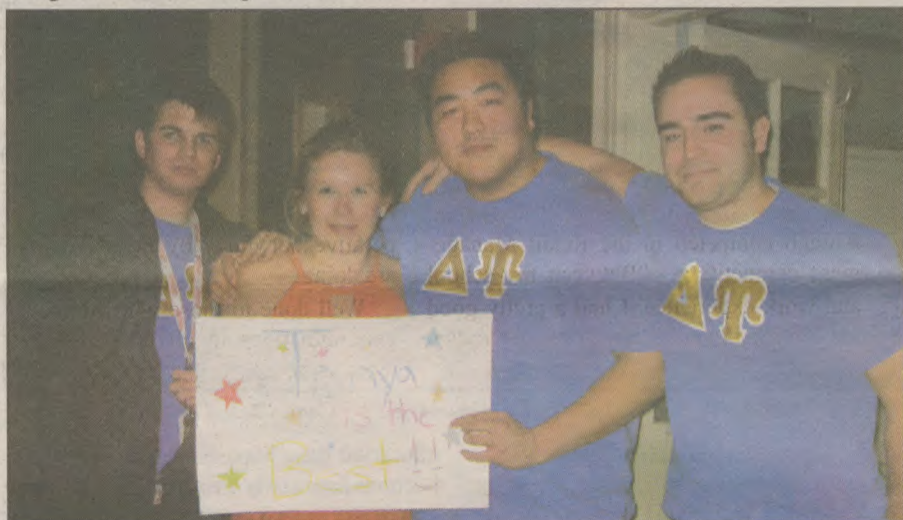
The impressive audience turnout included a stellar student cast as well as many rock star chefs and professors who came to cheer on their fellow faculty. Delta Upsilon members as well as other Greeks also were spotted showing their school spirit, and cheering on Tanya McGinn Paolo, the Director of Student Activities. Five couples showed their fanciest footwork to a panel of judges, as well as the audience who later voted for their favorites, very similar to the real "Dancing With the Stars."

The evening started off with a brief introduction by Geoffrey Long, Sports Management '11, the man who "brought the funny" for the evening with his vibrant personality, comedic quips and his ability to involve the audience in the competition. Long has been dancing with the club for

5 months, receiving his inspiration from his mother who danced for 32 years. April Geyer, '11, the captain of the JWU Ballroom club and team has been dancing for three years, as well as dancing with the club for two. In addition to practicing with the dancers, she is also the treasurer for the Pastry Arts Club. One can imagine that life can get hectic from time to time with all these commitments. When asked how she deals with stress, Geyer answered "I don't let my problems show when I'm dancing. I use the energy that I feel to perform better and stronger."

Performances were nothing short of entertaining in this competition. Jonathan Arenas and Chef Constantin performed a spicy tango, while Daniella Mass and Professor Tainsh Rumba'd for the audience's enjoyment. Tom Vardakis and Tanya McGinn Paolo performed a Swing, while Chantelle Johnson and Dr. Viveiros took a comical approach to the Merengue. However, the combined efforts of Andrew Maury and Chef Robotham paid off well when they cha-cha'd into the audience members' hearts, in turn winning the entire competition.

The evening came to a wonderful end with a few special performances from the Providence Ballroom and Jazz team, a special formation Cha Cha from the JWU Ballroom Dance team, and a closing performance from Mike and Jane, the JWU Ballroom instructors. The club succeeded in over \$300 for Relay for Life.



Members of Delta Upsilon show support for Tanya McGinn Paolo.

Brian Yi

Baeh Tells of Life as a Child Soldier; Escape from Sierra Leone to New York

Continued from Page 1

At the military base, he was conscripted into the army. Baeh, along with other children like him, were forced to take drugs by the army commanders. These drugs kept their emotions at bay, Baeh said, so that their commanders could easily control them.

"Adults found ways to draw children into this war in a very calculated way," he said.

As Baeh spent an estimated three years as a child soldier, the military had begun to replace family in the minds of the child soldiers. He couldn't call his adoptive mother 'mom' for two years, he said.

While in a major city in Sierra Leone, Baeh was able to escape from the military and interviewed for a scholarship to the United Nations International School in New York.

After becoming frustrated with the selection process, in his interview he began

angrily telling off the interviewer, explaining that it was next to impossible for persons from a warzone to acquire the documents necessary to prove one's identity and obtain travel visas.

He must have said something right, because Baeh received the scholarship.

Once in New York, he was surprised at how children in the city were "trying to be tough" and how they thought violence was

"cool."

After graduating from the International School and then from College, Baeh began draft-

In war, you dehumanize others. What no one tells you is that you dehumanize yourself."

ing *A Long Way Gone*. He worked with his creative writing professors to make his language fit the landscape he was describing, he said. At times, this meant the book was a bit hard to follow. This was intentional, Baeh said, as he himself somewhat lost track of time during the war, as a result of the drugs he was forced to take and the constant vigilance required to survive in a warzone.

Baeh concluded by commenting on the negative effects of war.

"In war, you dehumanize others," Baeh said. "What no one tells you is that you dehumanize yourself."

But Baeh hasn't lost hope for the survivors of the war. "All of us have the capacity to lose our humanity, and to regain it."

The event was sponsored by the School of Arts & Sciences Cultural Life Committee.



Ishmael Baeh signs a copy of his book, *A Long Way Gone*.

Otto Neubauer /
The Campus Herald

The Campus Herald

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Rishwanth Jayapaul | Staff Photographer

Newsroom Location:
Citizens Bank Center for Student Involvement
3rd Floor

Mailing Address:
The Campus Herald
8 Abbott Park Place
Providence, RI 02903

Contact Information:
Newsroom Phone: (401) 598-2867
Fax: (401) 598-1171
Advertising Phone: (401) 598-1489
campusherald@jwu.edu

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Safety & Security Update

Thursday, January 22, 2009

Arrest, Xavier Mercy Hall, 8:08 PM

Student arrested and charged with a narcotics violation

Friday, January 23, 2009

Arrest, Xavier Mercy Hall, 2:13 AM

Student arrested and charged with a narcotics violation

Friday January 23, 2009

Arrest, Harborside Village G, 3:54 AM

Student arrested and charged with disorderly conduct

Saturday, January 24, 2009

Shooting Incident/ Off campus

Corner of Pine and Garnett, 1:53 AM

A verbal exchange between non-students leaving Club Ultra escalated into a shooting incident on Pine Street behind McNulty Hall. A female student was returning to McNulty Hall with three non-students when two other male subjects followed and yelled obscenities at them. One of the non-students walked over to his vehicle, retrieved a handgun from the trunk, and fired the weapon in the direction of the two unknown males. Nearby Providence police officers immediately responded, apprehended the shooter, and recovered the weapon. No one was injured as a result of this incident.

Friday January 30, 2009

Arrest, Off campus

Student arrested and charged with robbery

Monday February 2, 2009

Arrest, East Hall

Student arrested and charged with larceny

Thursday Feb. 5, 2009 at 12:22 am

Arrest, Renaissance Hall

Two students arrested and charged with a narcotics violation.

CRIME PREVENTION TIP

Take an active part in identifying and reporting potential safety and security problems/hazards. Plan ahead and make safety a priority in your life.

If you have any further information regarding these incidents, please contact the Crime Prevention Unit. (401) 598-2947

LOST & FOUND ITEMS:

L&F # 2520, Found 1-29-09, Black wallet, owner unknown
L&F # 2522, Found 2-3-09, Black cell phone, owner unknown
L&F # 2523, Found 2-3-09, Black cell phone, owner unknown
L&F # 2524, Found 2-4-09, Checkbook, owner Amelia Reames
L&F # 2521, Found 1-30-09, Black wallet & VW keys, owner unknown

Vagina Monologues: Stories Full of Passion



Continued from Page 1

first is that it is denigrating to men and the second that it is offensive. Ensler originally became interested in the topic from personal history as well as the personal empowerment in women. She interviewed over two hundred women about their connection and feelings; from these interviews she compiled *The Vagina Monologues*. In order to keep it as diverse as possible she discussed the topic with women of every various demographic, and relayed their perceptions about sexuality. The purpose is not to shock or offend but rather to educate through these women's responses.

Monologues found in the play are not exclusively for women but women are more likely to understand and appreciate the emotions found in its context. Men are encouraged to attend, there is a possibility that it can effect males as well as females in varied ways.

This was Johnson & Wales Universities' second consecutive performance of Ensler's monologues, prior to 2008 the previous performance was in 2003 and we have hosted a total of 11 shows. Productions of *The Vagina Monologues* nationwide at col-

leges benefit V-Day, "a global movement to end violence against women and girls that raises funds and awareness through benefit productions." V-Day fell on Valentines Day, also the last performance of the play. This V-Day spotlighted "the atrocities being committed against the women and girls of the Democratic Republic of Congo (DRC)." The theme of this year's V-Day is "changing the stories of women".

With the voices of women reflecting on sexuality, rape, love, uncomfortable situations, new and foreign emotions monologues tell the story of some women, others are still unheard. Monologues in the copyright change yearly, and at JWU each performance was different. Special monologues for each of the performances and each woman portraying a different story each time gave each a chance to participate. Many cast members have come back to perform a second year, others were new but excited. When asked why she returned for a second year, Alycia Harrington explained "It gets people out of their comfort zone and thinking about women in a different way."



The Big Fish Tie Broken By Panel Of Judges; "Taste of Nations" is Winner

The winning event of SGA's The Big Fish Event was "Taste of the Nations", planned and proposed by the Special Functions Club and Bridging Culinary Arts. The lead students on this were John O'Connell and Bethany Tolbert.

At The Big Fish, there was a tie

between "Taste of the Nations" and "Sigma Loves Locks of Love" (that was proposed by Sigma Sigma Sigma). Student Government Association then involved a panel of faculty and staff to read the proposals and vote for their choice to win. "Taste of the Nations" was the winner!

NSO Brings Role Playing To New Height

STEPHEN GONDEK
STAFF WRITER

The NSO Regional Role-Play Competition, held on Friday, February 6, showcased the best of critical thinking in a role play exercise that involved nine schools, most of the students being from Johnson & Wales University. JWU hosted the event in the Harborside Recreation Center and in the Harborside Academic Center. Everyone who won a medal will be moving on to the next stage, the PBL National Leaders Conference in Anaheim, California. Over 45 students have been chosen to go.

The students, donning full business outfits and dresses, competed in challenging, real life situations. Students gave business advice and ideas on certain various criteria while a panel of judges evaluated them. Depending on the event, some students were given just fifteen minutes to prepare themselves in order to force them to think on their feet. Others had several days to prepare speeches, for the public speaking competition.

Other aspects of the contest included: Market Management, Sales Manager Meeting, written tests, Retail Marketing and, a first for the FBLA-PBL role-playing competition, a Culinary Management section. This included not only a case study but also a prepared kitchen experience.

Before each of the interviews, students could be seen sitting nervously, going over figures and theory in their heads. "If you didn't have outside knowledge of the topic, you would have no idea where to begin" said Amanda Abrego, '12, a marketing major from the University of New Haven. Abrego competed in the Retail Management competition. "Between my school and work experience, I had a pretty good idea on what to do." In the eyes of Bradley Marcella, '10, also of University of New Haven, thought that the event was "Well run, but could have been better food wise

and more people directing were to go. Other than that, it's a great event."

Stacey Boles, '10 of JWU competed under the Financial Service Management aspect of the competition. Her panel consisted of two judges, one of Bryant University and one JWU faculty member. She admitted that she was quite nervous because the JWU judge had actually been one of her teachers. She was nervous because she knew that the judge would expect a great deal of knowledge from her. "In my scenario, there was a medical company that came up with a new product and the judges were bankers. I was trying to get financing for the new product and I had to have all the paperwork: Breakeven point, revenue, analysis, and return on investment. I was given 15 minutes to review materials and do some of the calculations. Overall, I think I did well."

Besides the actual competition there were several workshops being held. Eric Weinberg, a member of Future Business Leaders of America and the 2008-2009 PBL Eastern Region Vice President, ran a workshop entitled "The New Dimension of Leadership, Not Just Something to Throw on a Resume."

When asked about what the workshop was about, Weinberg stated that he talked about how clubs and organizations are an important aspect to career development, regardless of what the clubs function was. "Getting involved in student organizations is more than something to put on your resume. You develop knowledge, skills, and competencies in the workforce." Weinberg later went on to make the point that even though it is good to get involved, it is imperative that you enjoy the activity that you are doing.

Well done to those who competed and congratulations to all the winners, from The Campus Herald Staff. Good luck in Anaheim!

NewBCamp Attendees Learn Technology Skills

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Twitter, while Free Geek Providence held sessions which demystified the insides of computers and helped newbies learn about open source software.

"We fulfilled our mission today of helping the needy get nerdy," said Nathan Hutnak, Executive Director of Free Geek Providence. Due to a generous in-kind donation from the University, Free Geek Providence was able to give away 22 complete computer systems, preloaded with the

xUbuntu operating system and open source software packages.

Four ten-minute presentations in each of several tracks taught concrete solutions to questions such as "What is good design?" (John Speck of New Commons), "How should I manage and keep my online identity secure?" (Steve Malloy of Atrion), "How do I buy a quality computer?" (Mark Leeuwenburgh of Free Geek Providence), and "Why Blog?" (Michelle Rigger-Ransom and Adam Darowski of BatchBlue).



A speaker presentsv at NewBCamp.

Otto Neubauer / The Campus Herald

Rick's Roadhouse Dishes Up Deliciousness

SAMANTHA KRIVOROT
STAFF WRITER

Rick's Roadhouse, located on 370 Richmond Street in downtown Providence, is an 80 seat, casual style place perfect for those looking for a good meal without all the fuss of 20 pieces of flatware and white tablecloths. Conveniently located right across from Olga's Cup and Saucer, this Texas style barbecue is only a few blocks from the Gaebe Commons area, or just a short JWU bus ride away from the Harborside Campus.

The large, open dining room is a melting pot of Rhody locals and some JWU's finest student body. The servers, dressed in amusing T-shirts and jeans, adorned with a "wicked awesome" name tag such as "Willy Smooth-ride" or "Hot Rod Harry" are friendly and approach customers as if they are good friends. The walls are painted in a dark red, with comedic references to barbecue as an added décor piece. A door on the left wall leads to a very spacious, open bar and seasonal outside seating.

On this particular day, I was craving a steak. When the waiter approached, I put in an order for a "Texas Filet (\$16.99)" with choice of two sides, while my dinner buddy opted for the "Roadhouse Classic Pulled Pork" sandwich (\$5.69). I was too wrapped up in conversation to notice the

15 minutes that had gone by waiting for our orders to be cooked, but was quickly distracted when our generously portioned plates arrived. The smell of the best fried macaroni and cheese I have ever had combined beautifully with the smoky aroma from the steak, a perfectly cooked medium.

The mashed potatoes were creamy and also made a nice accompaniment for the meat. The sandwich was also reported as properly cooked, as well as juicy and flavorful.

Rick's is widely known for their ability to create delicious meals with a few basic ingredients and of course, a little bit of

barbecue sauce. The Pulled Pork sandwich, barbecued chicken, and ribs are one of the most popular menu items. Menu categories include "What's the catch (fish)," "Fire kissed steaks," hamburgers, salads, desserts, and a few other delectable desires. Appetizers range from \$3.49-\$8.99, and main courses range from \$4.99-\$19.99. Food is typically served from 12:00 pm – 10:00 pm, while the bar remains open into the early hours of the morning. The food is cheap, delicious, and well portioned. If you're of drinking age, refreshing libations are reasonably priced, and with names like "Hillbilly Punch" and "Bootlegger Iced Tea", who wouldn't be curious for a sip?



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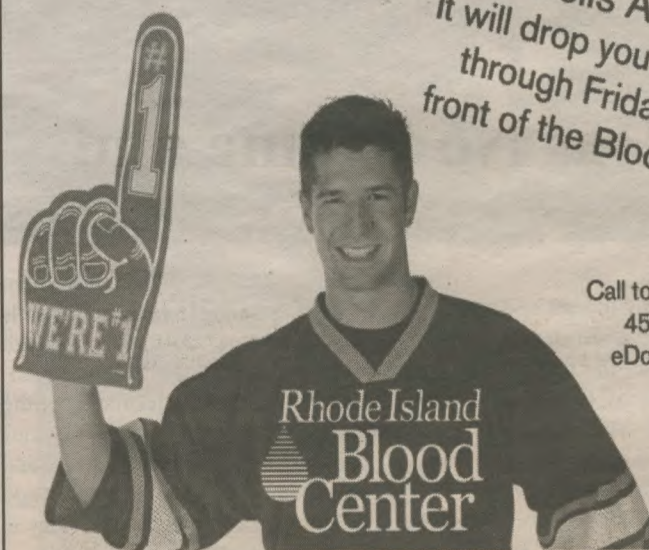
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to join our staff.

What Your Meal Plan Does (Or Does Not) Give you

SAMANTHA KRIVOT
STAFF WRITER

I'm sure that most of us are aware of the 4% rise in next year's tuition, and the recent increase of a meal in any of our dining facilities from \$5.50 to \$6.25. But has the quality of said food gone up to counter its price? Not in the least. I can't tell you how many countless times (on a daily basis) I hear fellow students complaining about how "the food at (insert your favorite dining hall here) sucks and various grievances about resident and commuter meal plans.

Most students have a basic meal plan built into their tuition price, which includes 3 meals per day Monday-Thursday, with the option to purchase an additional two meals on each weekend day. These meals do not have the ability to be carried over into the next day, let alone into the next week. I don't necessarily think that's fair.

We pay for these meals in our tuition, but the school basically pockets the money if students don't use them throughout the week.

Now, you may be wondering why most JWU kids continue to digest the supposed food in the dining halls. And to your inquiring mind, I propose this answer. MONEY. College kids are widely known to be frugal spenders, especially with our Economy's current condition. Going out for a meal is a minimum of \$10 a meal, and a minimum of \$15 to get the delivery guy to come to you. Also it's not all that bad...sometimes. I have had some good meals on campus, but that number would probably have to be raised to the fifth power to match the number of bad meals I've had. It's a hit or miss situation, but with more misses than at a children's T-ball game. Bon Appétit!

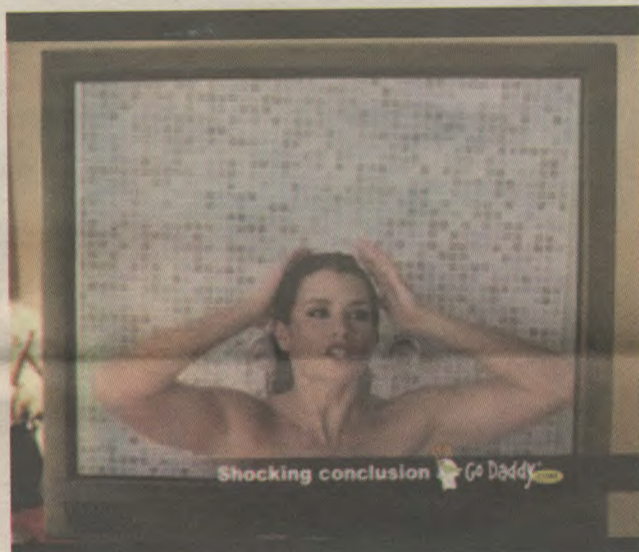
Conan Has No Shame and Danika Takes Five Showers

CAITLIN BENOIT
EDITOR-IN-CHIEF

Dear Readers: Last issue my analysis of the Super Bowl ads suddenly stopped short. My sincerest apologies for this technical foul. If the anticipation has been killing you, here is the remainder of my take on advertising.

Let's discuss the Clydesdale horses and Budweiser. The most famed horses and well recognized mascots had not just one ad spot but three. I recommend we get over the horses and follow Bud Light down a more creative route. If the cost of a 30-second spot is 3 million dollars, wouldn't one think that some variation would be seen in multiple ads? Bud Light's most random commercial award went to Conan O'Brien who had no shame and showed his wild side in a commercial shoot that "was supposed to be aired only in Sweden".

GoDaddy.com has regularly had ads which push the envelope; this ad's main element was Danika Patrick (the first woman to win an Indy Car race) and her five showers. Many people had no idea what GoDaddy.com until recently, their previous ads have been so risqué that many shied away from actually visiting the website. GoDaddy.com is a domain name provider,



their business tactics are untraditional and nonconformist and this is definitely reflected in their ads. With Danika as spokesperson, their already booming business is only going to get better.

Overall, the ads of the Super Bowl were conventional and the usual, save the 3D spots where most people did not have 3D glasses or know how to get them. Not many grabbed attention sufficiently and this is perhaps an effect of the economy and businesses cutting costs. As time passes and business slowly returns to normal there may be better ads to be seen. It is up to the students of today to figure out how to change the world of advertising, we need to anticipate what our generation will need because it is certainly not what the generation of our parents and grandparents did.

talkback

Letters to
the Editor

Have an opinion? We want to publish it! E-mail your thoughts, ideas and opinions to campusherald@jwu.edu.



Love Every Body: Sizing Up the Media's Portrayal of Health and Beauty

MELANY TROMBA & MAUREEN MINARIK
SPECIAL CONTRIBUTORS

Does my butt look big in these pants? Are my biceps big enough? Does this bathing suit really make my abs look flatter? Can you see my six pack? Am I too fat to wear this shirt? Do my muscles look ripped in this shirt? I need to lose 10 pounds. I look fat. I need to bulk up. I look small. These appearance driven thoughts are familiar to many individuals and some of them experience the silent isolation and anguish of pronounced body dissatisfaction.

Eighty percent of women and at least fifty percent of men are dissatisfied with their appearance. It is not surprising, given the fact that each day we are bombarded by the media, fashion, cosmetic, diet, and even the toy industry's promotion of an unattainable beauty ideal. These images are so pervasive that we fail to notice them even as we suffer from their destructive effects.

According to the Social Issues Research Center, the average weight of today's fashion model is 23% lower than that of an average woman. Twenty years ago, this difference was only 8%. Men are not immune from these increasingly unrealistic body depictions. If GI Joe were a real person with the height of 5'10", he would have larger biceps than any bodybuilder in history.

How did promotion of health and well-being morph into a cult of thinness obsessed with counting calories and carbs to shed pounds? How did the fitness move-

ment become a culture of gym hounds spending countless hours bulking up or shedding pounds to obtain the desired physique? How does adequate health somehow translate into size and weight?

With 95% of fad diets failing to result in permanent weight loss, the emotional, physical, and financial cost of this unattainable ideal is steep. Now is the time to question the media's ideal and consider the reality that health and quality of life trump thinness at any cost. It's not about size or shape.

Question the media's representation of the unattainable beauty ideal, and recognize that it's a major contributing force to body dissatisfaction. Stop dieting and savor each moment. Nurture yourself by eating well and getting active. Identify and develop your talents. Focus on your strengths and stop judging yourself and others so harshly. Respect your body and all that it can do and offer while appreciating size diversity.

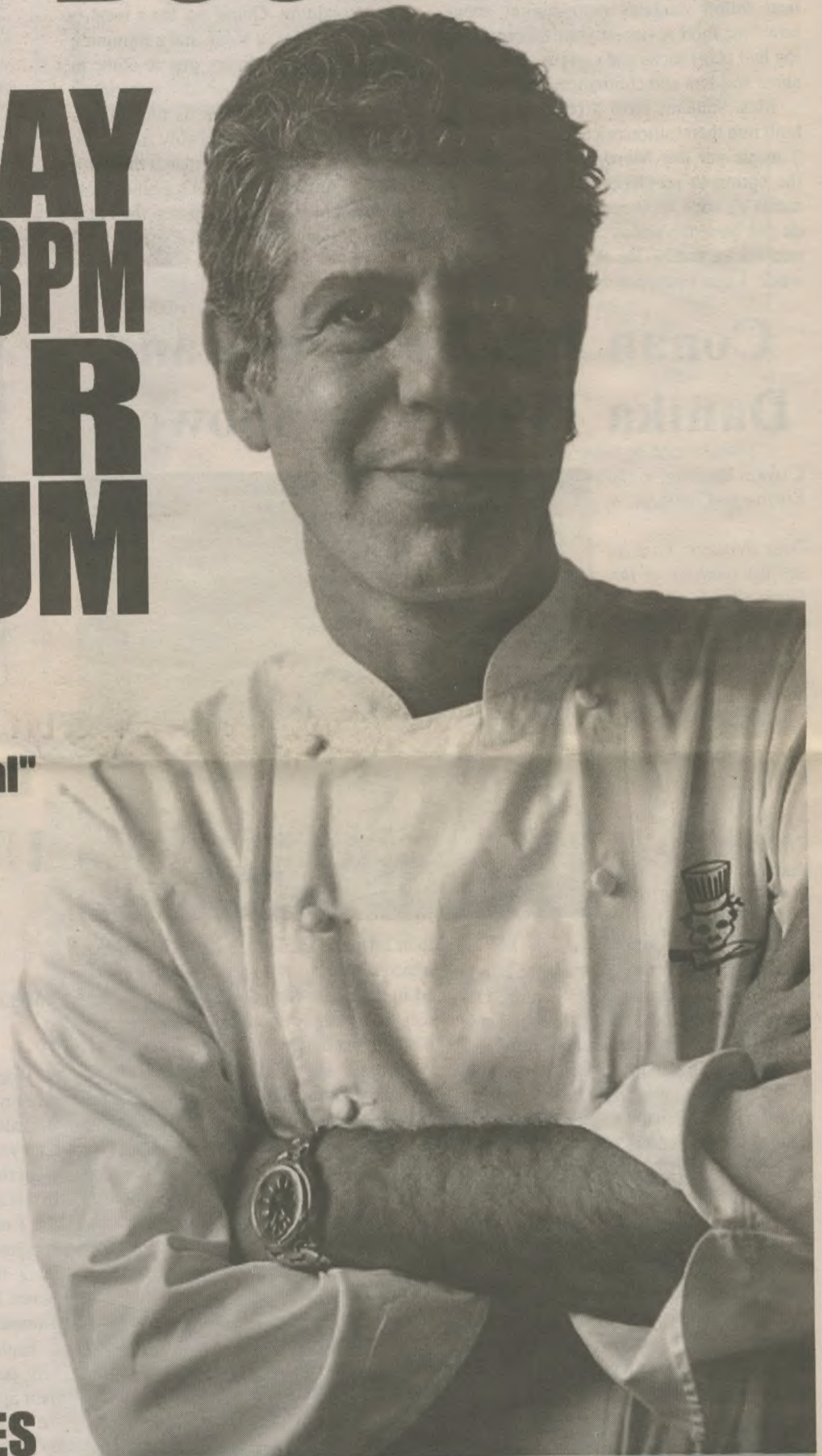
These issues and more will be addressed during Love Every Body Week, a series of events and initiatives to heighten sensitivity and acceptance for body diversity. Sponsored by Johnson and Wales Student Counseling Center, the Women's Center, the Student Health Educator, and the Intercultural Center, activities will focus on how to identify attainable lifestyle changes that will promote health and body, as well as promote critical analysis of media presentations and recognize their impact on body image appraisal. The week's events will kick off on Tuesday, March 10, 2009.

NO RESERVATIONS

AN EVENING WITH ANTHONY BOURDAIN

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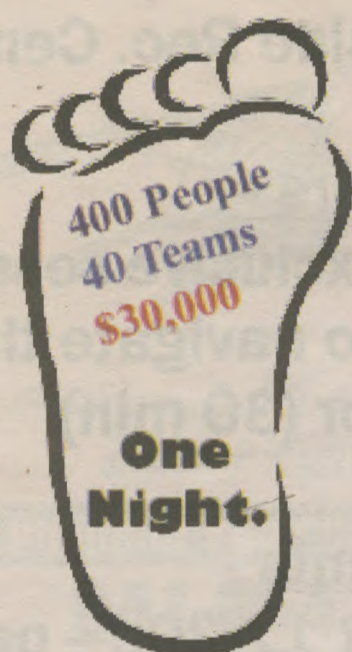
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April 3rd-4th: 5pm-6am
Harborside Receration Center

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Registration Costs

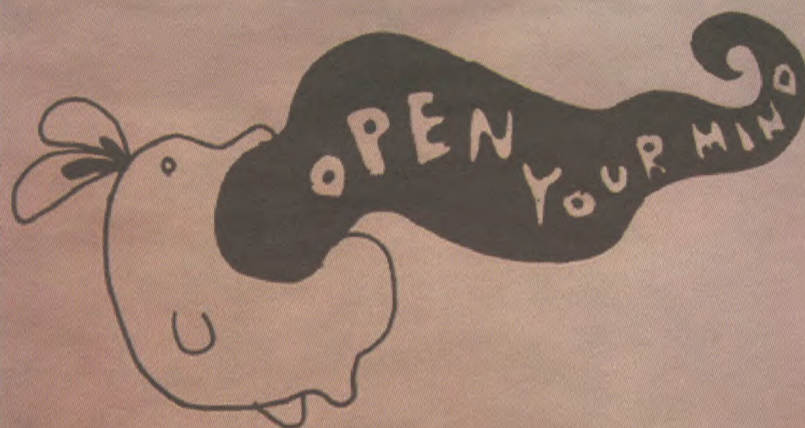
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relayforlife.org/johnson_walesri
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**Freaky Friday
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8:30a—4:30p

March 13

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- Resume Critiques
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**Spring Expo
& Summer Jobs**

Thursday, March 19

10a—3p

Harborside Rec. Center

- For Seniors -
- 9:30a—exclusive session
on how to navigate the
Expo floor (30 min)
- All Students -
- 9:30a OR 12:30p— panel
of industry professionals
(60 min.)

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Leaving Lights On or Off

ASK THE Sexpert

Dear Sexpert,
My boyfriend only wants to have sex with the lights off. What's with that? Does he think I'm ugly?

While I can't determine exactly what's going through your guy's head without talking to him, there are a few circumstances that come to mind. First of all, I highly doubt it has anything to do with you, or the way you look. He's with you, right? You probably go out together in the light all the time, whether it's walking to class together, going to the mall, out to grab a bite to eat, whatever! I'm sure he has plenty of time to look at you during the day, and if he didn't find you attractive, wouldn't want to be sleeping with you anyway.

And then there's the possibility that he just likes to have sex with the lights off. It could be as simple as that. We all have preferences in life, even when it comes to sex and intimacy, and that may just be one of his. Some of us like to do it in bed, on the floor, when it's warm or cold, slow, quick, in the light, dark... it's all about what you like.

Another possibility is that he's unhappy about the way he looks, or something about his body. Sex is a very intimate act, and often includes some nudity, and maybe even an up-close-and-personal view of parts of our bodies that aren't often ogled at! Almost everyone has some issues with their personal body image, whether we feel like we're too fat, too thin, too tall or short, too curvy or slender, have a too teeny booty or chest, hairy, big feet, or bad skin. The pos-

sibilities are endless, and it's very possible that he is uncomfortable revealing aspects of him that he isn't happy with.

The good news is, these insecurities are probably more apparent to him than they ever will be to you. Therefore, reiterating your feelings for him should help him feel more comfortable with you. If he knows your feelings for him won't change due to some physical imperfection, he'll feel more confident about your relationship, and hopefully that will transfer to the bedroom. As usual, the key here is open and honest communication. If you tell him about some of your insecurities, that's also a great way to get him to reciprocate and tell you some of his. This will not only enhance your physical intimacy, but your emotional intimacy as well.

Oh! And one more thing! For more information on body image, look out for Love Every Body Week at JWU the week after Spring Break in March. It's sponsored by HealthEd, the Women's Center, the Counseling Center, the Intercultural Center and Athletics. There will be a ton of programming and lots of helpful info for everyone with some sort of body image issue — which is definitely most of us, myself included. For any more info, feel free to stop by HealthEd@JWU anytime, 3rd floor CBCSI, or call me at (401) 598-2023. Good luck!

To submit questions to be answered by the Sexpert, email HealthEd.pvd@jwu.edu, or CampusHerald@jwu.edu. All questions are anonymous.

Health Ed@JWU

Fashion Show in Pepsi Forum Served As Outlet for Student Designers

KRISTINA PUNTUIERO
STAFF WRITER

The National Panhellenic Council held a fashion show in Pepsi Forum on January 31 from 6 p.m.-9 p.m. The goal of the fashion show was to display the student designers on campus, as well as local designers. The models in the fashion show were Johnson & Wales students and their hair and make-up was voluntarily done by Toni and Guy. The fashion show last about two and a half hours and tickets sold out. The fashion show was inspired by President Obama's inauguration. "Designing the Future" was the theme of the evening.

The evening began with a DJ battle scratch off between DJ Rukiz vs. Djerz followed by a Hip Hop Scene featuring clothing from Area 401 and Premium Soles. The second scene was an independent women scene, featuring clothing from Area 401 and Castle on Wickenden. The third scene, Black and White, featured clothing from Castle on Wickenden and Premium Soles. Following this was a dance performance from Aces Dance.

After the third scene and a subsequent intermission was a performance from Spohkes Rap. This fourth scene in the fashion show was Danny Annatty, clothes by Dante Poole, a junior and a graphic design/

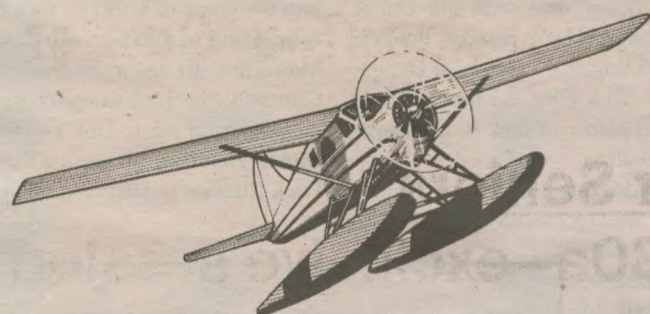


fashion merchandising major at Johnson & Wales University.

The fifth scene was Crack Artist clothes by Dione Noble and Mike Ghattas, whom are both juniors and graphic design majors at Johnson & Wales University. Poetry by Derrick was performed after the forth scene. The sixth and final scene was NU Companie clothes by Adam Wolfson and Sean McDonnell, whom are also juniors and graphic design majors at Johnson & Wales University, followed by the final scene Grown & Sexy, suits and dresses by Debritio, a JWU Alumnae.



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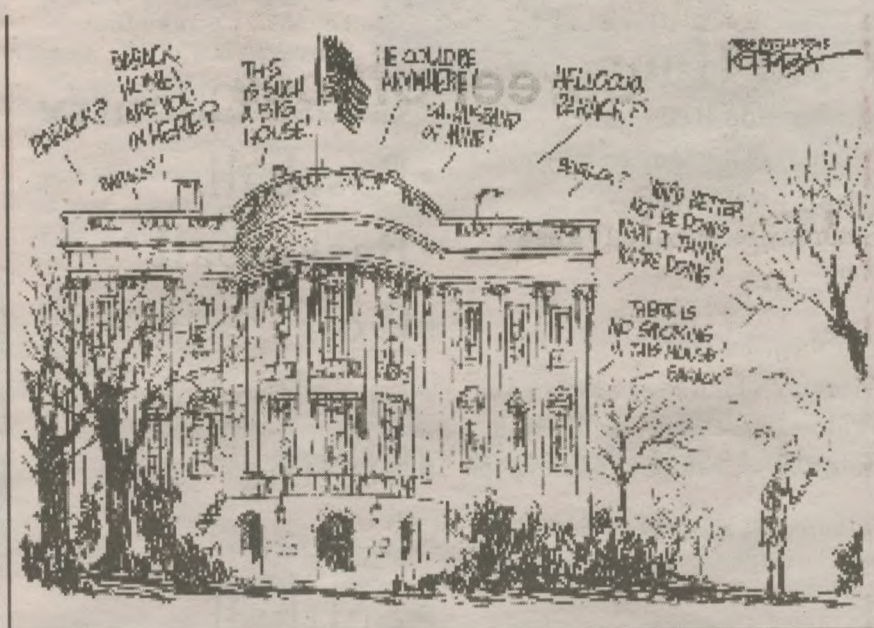
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My First Time

THE EXTRA POINT

KISHA K. TAPANGAN
SPORTS EDITOR

My first time made me a nervous wreck. It was something I had been waiting for since I was in high school. My palms were clammy and my heart was pounding fast, really fast. I didn't think I was worthy, or even ready for what was about to happen to me. That day will always be imbedded in my memory: the first day I ever went to Gillette Stadium. I've dreamt about this place ever since I was back in Texas, and being able to finally go there was almost unreal, almost. Within my Contemporary Issues class, we've discussed everything from

Michael Phelps, to dresses for dogs to the BCS system and some of the less obscure things that have come up, are the

batches of brand new stadiums that are being built and how it affects our industry. I've never truly had an attachment to a facility growing up, I attended a few Astros games at Minute Maid Park but it was never something I was emotionally attached to, and then there was Gillette Stadium. I remember when it opened in 2002 and it was something that I knew I wanted to be a part of. Having the opportunity to work in a place where my favorite football franchise plays and calls home, was my goal when I first transferred to JWU.

On January 30, 2009 I finally had my chance, I walked through the administrative offices of the New England Patriots and to be honest, I definitely had a moment. Words really can't express how I felt when I was sitting there watching three flat screens chronicle the three Super Bowl wins as I waited for the interview of my dreams. Amongst the deep navy tinted marble floor was a large engraving of the Patriots' flying Elvis logo, everything in the lobby was saturated with the Patriots' history. I felt right at home.

Every sports fan develops a deep appreciation for their favorite team's home field and stadium. This is why even though the new stadiums that are being built can hold more of the fans (the new Dallas Cowboys stadium can hold up to 100,000); I feel as if a certain part of the fan spirit quietly disappears much like the old, worn seats. The construction of the new Yankees Stadium is a marketer's dream, with the memorabilia, the appearances and although it was denied, even the opportunity to host this past year's NHL Winter Classic are massive opportunities for revenue. I'm not against new stadiums. In fact, I think they give younger sports fans something to latch on



to, something to grow with. Although, having a brand new ergonomically correct seat and a computer system throughout the stadium that keeps records

of how you like your hotdogs are all very incredible new features, there is just something that about those cheap overhang seats behind home plate in the old Yankee Stadium that a reclining luxury suite chair can't compete with.

I sat in Gillette Stadium soaking in every aspect of it. I imagined the insanity that ensued during a Patriots game. To be surrounded by people that love or hate the way you do. To high five to a stranger for no reason whatsoever with no hesitation. To get angry at calls made by officials, and even if the call is correct, to be able to find someone in your section that agrees with you. These are the things that are imbedded in the seats of these old stadiums. These are the memories that are left on the field for good. For everyone out there who has their own kind of Gillette Stadium, for all the fans that sigh at the glimpse of it as you arrive for the big game, I understand. Now I here I sit waiting to hear from the New England Patriots, waiting to hear if I was good enough to be there, even if it was just my first time.

Gym Hours

Harborside Rec Center

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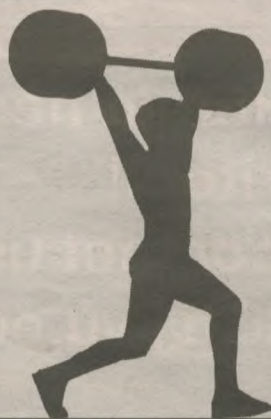
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- Wrestling

No Restarting, It's Game Over for Pacman in Dallas

KISHA K. TAPANGAN
SPORTS EDITOR

Adam "Pacman" Jones was the sixth overall pick in the 2005 NFL Draft, he was also the first defensive player to be drafted that year. Four years later, he is no longer a member of the Dallas Cowboys and is a roaming free agent. All the work, money, press conferences and press releases that the Dallas organization has released in order to defend the decision to keep Jones proved to be completely ineffective.

Jones was given an opportunity to revive his tarnished career with a talent drenched 2008 Cowboys team. The team provided him with a bodyguard to prevent any future compromising situations. But, similar to the rest of the Dallas locker roster, an overbearing amount of talent will not equate to a winning season. The

struggling cornerback averaged only 31 tackles and 0 interceptions in his nine games of the season, not to mention, the Cowboys missed advancing in the playoffs...again. A decision that was a long-time coming, the deal to terminate his contract actually saved the team \$1 million for their 2009 salary cap. Adam Jones' \$13.3 million contract had no clause guaranteeing him any money whatsoever.

The Dallas Cowboys made this breakup short and sweet. With a track record that included six total arrests and banishment from the National Football League, it's no surprise that the team that fought for him to be back in their active roster is now joining the rest of the world in the belief that the actions off the field make more of an impact than those on the field. This was a good move for the Boys, now onto TO and Romo.

Sloppy Seconds of Sean Avery

STEPHANIE LYMAN
STAFF WRITER

Sean Avery, public enemy number one in the National Hockey League, may be starting up his season again. After his stint in exile handed out by NHL commissioner Gary Bettman that involved being dropped from the Dallas Stars active roster, Avery may be coming back to the wonderful world of hockey.

Unfortunately the 28 year old winger just can't seem to stop talking smack about, well everyone. "I like to push it to the edge no doubt about it" Avery said when asked about being the most hated player in the NHL.

Avery was suspended for six games after making "inappropriate public comments, not pertaining to the game". The comments he made pertained to ex-girlfriends Rachel Hunter and Elisha Cuthbert, who now date current NHL'ers Dion Phaneuf and Jarrett Stoll. Funny to some, others may find his comments offensive i.e. exes Hunter and Cuthbert whom he referred to as his "sloppy seconds".

With that the Dolce & Gabbana clad hockey instigator was dropped from his 15.5 million dollar deal with the Dallas Stars, like last season's pair of Prada's. Now moonlighting as a Playboy at Bungalow 8 in New York City, the newly single Avery has had plenty of time to mull over his current situation.

So why would anyone want to even bother with him? Well technically, he would be going to the American Hockey League. Without an AHL affiliate Dallas is stuck with Avery on their payroll listing him as a healthy scratch every game until the end of the season or someone takes him off of their hands.

Placed on waivers by Dallas on February 7, 2009, New York Rangers GM Glen Sather has expressed interest in picking up the pest off waivers before the trade deadline. Avery going to the Rangers would leave the Stars paying only half of Avery's salary. But why though when all he does is criticize everyone on

the current Rangers roster? Truth is he actually may bring what the Rangers need to make it far into playoffs.

Currently in a playoff position in the Atlantic division, the Rangers may be in need of some help. Scoring 51 points in one and half seasons with the Rangers, Avery was a key asset. It was said that the only reason he was dealt away at the end of the season was because the Rangers could not afford him given the off-season signings of Markus Naslund and Wade Redden. Not that Avery noticed because I'm sure he was busy with his internship at Vogue Magazine in New York City.

Carrying 177 points in his seven year career, Sean Avery could actually come through for his new team. Even if he were to go to the New York Rangers AHL affiliate the Hartford Wolfpack he could help take out the top ranked Providence Bruins in the Atlantic division standings. The 2007-08 Regular point season champion Bruins will battle the Wolfpack two more times at the Dunk this coming season with or without Avery in the lineup.

It is said that Avery will only be assigned to the AHL for conditional purposes. I'm sure Avery would love to get back into the game of hockey. I mean how else is he going to make it onto 2009's Sexiest Man Alive list just as he did back in 2007? Currently the jerk category in the magazine does not exist. Don't worry Sean I'm sure in your time off there will be plenty of Puck Bunnies to keep you company.



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Basketball Teams in the Pink Zone and Raise Over \$350 for Kay Vow/ WBCA Cancer Research Fund

KISHA K. TAPANGAN
SPORTS EDITOR

It's a yearly event and women's basketball Coach Ciolfi dusts off his all pink suite to wear for the Pink Zone home game at the Harborside on Tuesday, February 10, 2009. The stands were decorated with pink streamers and balloons to show the JWU athletics support of breast cancer research, as with the Pink Zone theme, all attendees were asked to wear pink. The ladies of JWU all adorned pink warm up shirts and pink shoelaces for this very special day.

At 5:30 PM, the starting five ladies, including the GNAC Player of the Week for February 10, Alexia Ramirez '10, stepped onto the court with effective passes and successful drives to the basket.

Standout player Johanna Santosuosso '09 scored her 1,000th career point in the January 31, 2009 loss against Norwich. Santosuosso is only the 2nd girl in JWU athletics history to achieve such a feat. She is under 100 points from the being the All-Time leading scorer in university history, only second to Tahesha Parsons (on the roster from 1999-2001). With three games left and the playoffs, Santosuosso is predicted to come very close to obtaining the title. Morgan Wilson '11 added to the ladies' 11 point lead at the half by executing several great plays from underneath the basket. At the start of the 2nd half, Alyse Ragaglia '09 sinks a three pointer from the outside left which kept the Wildcats in the lead. But as the half continued, the Simmons offense obtained a scoring streak with six unanswered points and brought the score to a close 57-56 still in favor of JWU. With the game on the line, the wildcats played with strong physicality and were diving for

any loose ball in sight. Alyse Ragaglia '09 finally scores after 2 minutes of unsuccessful shooting from both teams. As the clock winded down, the JWU ladies were not able to maintain their lead and Simmons College received another win with a final score of 67-72. The women's basketball team is currently 11-11 overall and 6-3 in the GNAC. 2nd year coach T.J. Ciolfi explained, "the girls need to win the next three games...I know we can win the championship this year with Emmanuel being our biggest competition. We have a lot of work to do but I know

they can be successful." Come out for the JWU Basketball Senior Day on February 21, 2009 as the ladies take on St. Joseph College at 1:00 PM.

When 7:30 PM came around, the men's basketball team was given the opportunity to improve their 9-13 record overall and 8-7 in the GNAC. Boston's Emerson College came into Johnson & Wales with a 14-7 record and currently 10-4 in the GNAC, it was bound to be a close game. From the top of the game, Lamonte Thomas '12 made his presence clear with a great three pointer. Thomas will join teammates, Justin Adams '10 and Darren Faust '10 scoring in the double digits for the night. By the end of the half, the wildcats were up by one at 38-37. Marcus Crenshaw '09 began the second half with a quick jump shot and brought the wildcats to an extended lead. Faust '10 had three 3-pointers for the night and five total rebounds. Justin Adams '10, had fantastic offensive moments, which included a mind blowing fake in the first half, made the most of fast breaks and steals which led to his 17 point game. The game finished with Emerson taking the victory with a score of 75-83. Adams '10 expressed the emotion of the team stating, "It was a tough loss, but a hard fought game." Come support the men's team in their final home game on February 21, 2009 at the Harborside Rec. Center, game time is 3:00 PM against Mount Ida, currently 3-10 in the GNAC.

At the end of the night, the Pink Zone games raised over \$350 to be donated to the Kay Vow/WBCA Cancer Fund. JWU Athletics would like to thank all those who kindly donated and showed their support for the game. Mark your calendars for February 21, 2009 as both teams play their last home game.



Thomas '12 looks for an open teammate

THURSDAY, FEBRUARY 26

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Sailing Team Spring Season on the Horizon

STEPHANIE LYMAN
STAFF WRITER



The Johnson & Wales sailing team will be starting their spring season this March. Sailing a fall and spring sport, is the least known of the sixteen varsity sports on the Providence campus. Head coach Alan Penney, who is also the Director of Recruiter Training for the university had this to say about the upcoming season, "As with most of the previous Spring sailing seasons, the weather will be a major factor as many regattas are cancelled due to ice. The team is prepared and ready to get back on the water in early March".

Two sailors will be leaving the team after the completion of this season, seniors Eric Lindorff and George Mahler. George Mahler a 22 year old Culinary Arts major from Watkins Glen, NY had this to say about his excitement for his last season, "Absolutely, last season was great, always a little rough to get back into the swing of things. But the sailing team always seems to have the best time with what ever is thrown at them, whether it storms, or no wind, whatever the circumstance we always make the best of everything."

Prior to becoming a varsity sport, sailing was a club sport. Docking at the Save the Bay facility on Narragansett Bay, it is one of the first sports to be accommodated and acclimated into the new sports fields currently in the works on the Harborside campus. They are the first sports team to benefit from this project with a permanent dock space.

Practicing from 3:30 p.m. to 6:00 p.m. every Monday thorough Thursday, the team is excited about this season. The spring season runs from mid-March to early May with regattas taking place on weekends at various locations throughout the New Eng-

land area. Not knowing anything about sailing I asked Mahler about what its like to be at a regatta (competition) "It is one of those weird confessed feelings, because you don't know exactly what the weather is going to be like, but then you are excited to go sailing and race against other schools, with your adrenaline pumping".

Currently competing against 16 of the top 25 teams in the nation including current number one ranked Boston College, the team is ready to move up in the rankings. During the fall season the JWU team captured a fifth place finish in their division at the 2008 Storm Trysail Club Intercollegiate Offshore Regatta, sailing on an Express 37 named Dreco.

5 Facts You Probably Never Knew About Sailing

- A sailing competition is called a regatta.
- The right side of a boat is called starboard and the left is port.
- The oldest international professional sport trophy is the America's Cup founded in 1851. And is handed out at the world's most prestigious international regatta.
- Sailing is an Olympic sport. First seen at the 1900 Paris games.
- The U.S. is the undisputed leader in Olympic sailing. They hold a record 54 medals, 27 of them coming from the last 5 Olympics.

Santosuosso Reaches College Career 1,000

KISHA K. TAPANGAN
SPORTS EDITOR

Johanna Santosuosso has done it. The graduating senior scored her 1,000th point of her collegiate basketball career here at Johnson & Wales University. As a four-year member and one of this year's captains of the women's basketball team, Johanna has experienced everything from coaching changes, to new players and advancing far into the playoffs. The Salem, New Hampshire native knew this final year was going to be something to remember.

Coming into the season I knew that there was a chance of hitting my 1,000 points. To me that is just a number and a good goal to strive toward, however I was more focused on the success of my team. I always thought it would be a great accomplishment to hit my 1,000 points and I reached this goal in my senior year of college. I was hoping that I would be able to hit this milestone at home. Unfortunately I hit it all the way up in Northfield, VT. Knowing that I am going to be in the record books at JWU is hard to grasp. It has been a great experience and I am glad that my career at JWU is going to end the way it has, in reaching my 1,000 points and playing on such a great team.



The Campus Herald and all of the Johnson & Wales community would like to congratulate Johanna Santosuosso for her accomplishments becoming only the 2nd woman at Johnson & Wales University to reach 1,000 points.

Being the leader that she is, Santosuosso has expressed what must be done as a team to become champions.

As a team we came into the season knowing all the accomplishments that we could reach. We need to continue to play as a team and give each other the opportunities to help the team succeed. Once we get a lead on a team we need to be able to put them away and not give them a chance to come back. It has come to the point that we need to give our all and leave everything on the court. We don't want to have the same feeling of losing in the semi finals. We want to prove to everyone how good we really are.

Setting a university record and to also have the chance to lead your team to the championship game is a rather prestigious way to cap off a college basketball career.

Baseball		
Feb 28	at Vorhees	1:00 p.m.
March 1	vs Moravian (at Lake Myrtle, FL)	6:00 p.m.
March 2	vs Thiel (at Lake Myrtle, FL)	2:30 p.m.
March 3	vs Anna Maria (at Chain O'Lakes, FL)	11:30 a.m.
March 5	vs Gwynedd Mercy (at Orlando, FL)	12:30 p.m.
March 6	vs St. Vincent (at Lake Myrtle, FL)	9:30 a.m.
March 17	vs WPI	3:30 p.m.
March 18	vs Coast Guard	3:30 p.m.
Softball		
March 4	vs Clark (at Clermont, FL)	11:30 a.m.
March 4	vs Anna Maria (at Clermont, FL)	1:30 p.m.
March 6	vs John Carroll (at Clermont, FL)	11:30 a.m.
March 6	vs Ohio Northern (at Clermont, FL)	1:30 p.m.
March 7	vs Northland (at Clermont, FL)	9:30 a.m.
March 7	vs Washington (at Clermont, FL)	11:30 a.m.
March 21	vs Norwich	12:00 p.m.
Men's Volleyball		
Feb 18	vs MIT	7:00 p.m.
Feb 21	at Vassar Tournament	TBA
Feb 23	at Mount Ida	7:00 p.m.
March 1	at Villa Julie w/Baruch & Mt. St. Vincent	TBA
Feb 11	at MIT	TBA
March 14	vs Albertus Magnus w/Emerson	11:00 a.m.; 3:00 p.m.
March 17	at Rivier	TBA

Wildcats
JWU
Athletics Schedule
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Providence 2009 SPRING LACROSSE

Now accepting signups for the 2009 Spring season. University Lacrosse is a league designed for you the lacrosse player. It's set up for guys who are lacrosse junkies whose university may or may not have what they are looking for to stay involved with lacrosse, but it's also for guys who just want to stay in shape and have a good time playing the sport they love. Sign up today! Put down whatever school you want to play for when you sign up or if you have a group of guys and want to start your own team that's awesome, so do it!

Registration Deadline: Sunday February 22nd
Cost: \$100/player
Cost Includes:

- Championship tournament for the top teams
- Reversible Lacrosse Jersey
- Championship shirts for the Champs
- Stats and action photos

This year's spring league will take place at the Cranston Stadium in Cranston, RI, not the field from last year. This is a high up kept turf surfaced field screaming to have lacrosse played on it.

Games will be played on Sunday's from 1pm-4pm
Regular Season Schedule:
3/15, 3/22, 3/29, 4/5, 4/19, 4/26
Playoffs for the top four teams will be held on 5/3
Team Captains: Please get in touch with us with your team name so that we can post it on the website
If anything is needed email providence@ulax.org